

EATING RIGHT IS BASIC

January 2011

Start Your New Year the Green Way

- Just a 1/2 cup of cooked leafy greens such as kale, Swiss chard, collard greens or bok choy provide an excellent source of Vitamins A & C.
- Swiss chard is a great source of iron. Plant based sources of iron are more easily absorbed when eaten with Vitamin C rich foods, like tomatoes!
- Adding leafy greens to your diet can help protect against diseases like cancer.
- About 2 cups of raw leafy greens will cook down to a 1/2 cup.
- Store greens in a plastic bag in the fridge for two to five days.



KALE SOUP WITH BEANS

Soup is a great way to add kale or other leafy greens to your diet. California produces about two thirds of the nation's leafy greens. Pick up some kale today and try this quick and easy soup recipe!

Yield: 8 (1 cup) servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients

1 tablespoon olive or canola oil
8 garlic cloves, minced
1 medium yellow onion, chopped
4 cups washed, chopped raw **KALE** (remove stems)
4 cups low sodium chicken or vegetable broth
2 (15 oz) cans white beans, drained & rinsed
4 plum tomatoes, chopped (fresh or one 15 oz. can)
2 teaspoons dried Italian herb seasoning
pepper to taste, salt optional
1 cup chopped parsley



Preparation

1. In a large pot, heat olive or canola oil.
2. Add garlic and onion, sauté until soft.
3. Add kale and sauté, stirring until wilted.
4. Add broth, beans, tomatoes, herbs, pepper & salt.
5. Stir all ingredients together and simmer for 15 minutes.
6. Ladle into bowls, sprinkle with chopped parsley.
7. Serve with whole grain bread.

Source: adapted from allrecipes.com